The Law of Success

Using the Power of Spirit to Create Health, Prosperity, and Happiness

Sri Sri Paramahansa Yogananda

Author of *Autobiography of a Yogi*

Yogoda Satsanga Society of India

eBook

THE LAW of SUCCESS

Using the Power
of Spirit to Create
Health, Prosperity,
and Happiness

SRI SRI PARAMAHANSA YOGANANDA
Author of *Autobiography of a Yogi*

Yogoda Satsanga Society of India

Paramahansa Yogananda
(January 5, 1893 – March 7, 1952)

SRI SRI PARAMAHANSA YOGANANDA

THE LAW OF SUCCESS

Using the Power of Spirit to Create Health, Prosperity, and Happiness

Yogoda Satsanga Society of India
FOUNDED 1917
Paramahansa Yogananda

About This Book

The Law of Success was first published as a booklet in 1944 by Self-Realization Fellowship, and has been continuously in print since then. It has been translated into multiple languages.

Copyright © 1980 Self-Realization Fellowship

The trademarks in this publication are the property of Self-Realization Fellowship.

An authorized publication of Yogoda Satsanga Society of India/Self-Realization Fellowship

The Yogoda Satsanga Society of India name and emblem shown above appear on all YSS books, recordings, and other publications, assuring the reader that a work originates with the society established by Sri Sri Paramahansa Yogananda and faithfully conveys his teachings.

Digital Rights Notice and Terms of Use

All rights in this digital edition of *The Law of Success* are reserved by Self-Realization Fellowship.

Subject only to any conditions established by the distributor from which you obtained this book, Self-Realization Fellowship welcomes you to download this edition onto any number of your own devices for your individual, non-commercial use; and to print excerpts for your own reference.

Kindly note, however, that upon acquiring this edition the reader agrees to abide by applicable national and international copyright laws; and to abstain from distributing, reproducing, or transmitting the contents to other individuals or entities, by any means (electronic, mechanical, or otherwise) without the publisher's prior written consent. We appreciate your cooperation in respecting the author's work and in helping to preserve its integrity by upholding these principles.

Thank you for supporting our non-profit publishing endeavors in connection with the legacy of Paramahansa Yogananda.

Yogoda Satsanga Society of India
Paramahansa Yogananda Path, Ranchi, Jharkhand

Ebook edition, 2016.
ISBN: 978-81-89955-32-8 (hardcover)
ISBN: 978-93-83203-60-4 (Kindle edition)

The Spiritual Legacy of Sri Sri Paramahansa Yogananda

His Complete Writings, Lectures, and Informal Talks

Paramahansa Yogananda founded Yogoda Satsanga Society of India (YSS) in 1917 and Self-Realization Fellowship (SRF) in 1920 to disseminate his teachings worldwide and to preserve their purity and integrity for generations to come. A prolific writer and lecturer from his earliest years in America, he created a renowned and voluminous body of works on the yoga science of meditation, the art of balanced living, and the underlying unity of all great religions. Today this unique and far-reaching spiritual legacy lives on, inspiring millions of truth seekers all over the world.

In accord with the express wishes of the great Guru, Yogoda Satsanga Society of India/Self-Realization Fellowship has continued the ongoing task of publishing and keeping permanently in print *The Complete Works of Paramahansa Yogananda.* These include not only the final editions of all the books he published during his lifetime, but also many new titles—works that had remained unpublished at the time of his passing in 1952, or which had been serialized over the years in incomplete form in Yogoda Satsanga Society of India/Self-Realization Fellowship's magazine, as well as hundreds of profoundly inspiring lectures and informal talks recorded but not printed before his passing.

Paramahansa Yogananda personally chose and trained those close disciples who have headed the Yogoda Satsanga Society of India/Self-Realization Fellowship Publications Council since his passing, and gave them specific guidelines for the preparation and publishing of his teachings. The members of the YSS/SRF Publications Council (monks and nuns who have taken

lifelong vows of renunciation and selfless service) honour these guidelines as a sacred trust, in order that the universal message of this beloved world teacher will live on in its original power and authenticity.

The Yogoda Satsanga Society of India/Self-Realization Fellowship emblem (shown above) was designated by Paramahansa Yogananda to identify the nonprofit society he founded as the authorized source of his teachings. The YSS/SRF name and emblem appear on all YSS/SRF publications and recordings, assuring the reader that a work originates with the organization founded by Paramahansa Yogananda and conveys his teachings as he himself intended they be given.

— Yogoda Satsanga Society of India/
Self-Realization Fellowship

He is the wisest who seeks God. He is the most successful who has found God.

—Sri Sri Paramahansa Yogananda

The Noble New

Sing songs that none have sung,
Think thoughts that ne'er in brain have rung,
Walk in paths that none have trod,
Weep tears as none have shed for God,
Give peace to all to whom none other gave,
Claim him your own who's everywhere disclaimed.
Love all with love that none have felt, and brave
The battle of life with strength unchained.

My Divine Birthright

The Lord created me in His image. I will seek Him first, and make sure of my actual contact with Him; then, if it be His will, may all things — wisdom, abundance, health — be added as part of my divine birthright.

I want success without measure, not from earthly sources but from God's all-possessing, all-powerful, all-bountiful hands.

The Law of Success

Is there a power that can reveal hidden veins of riches and uncover treasures of which we never dreamed? Is there a force that we can call upon to give health, happiness, and spiritual enlightenment? The saints and sages of India teach that there is such a power. They have demonstrated the efficacy of truth principles that will work for you, too, if you give them a fair trial.

Your success in life does not altogether depend on ability and training; it also depends on your determination to grasp opportunities that are presented to you. Opportunities in life come by creation, not by chance. You yourself, either now or in the past (including the past of former lives), have created all opportunities that arise in your path. Since you have earned them, use them to the best advantage.

If you use all available outward means, as well as your natural abilities, to overcome every obstacle in your path, you will thus develop the powers that God gave you — unlimited powers that flow from the innermost forces of your being. You possess the power of thought and the power of will. Utilize to the uttermost these divine gifts!

The Power of Thought

You demonstrate success or failure according to your habitual trend of thought. In you which is the stronger — success thoughts or failure thoughts? If your mind is ordinarily in a negative state, an occasional positive thought is not sufficient to attract success. But if you think rightly, you will find your goal even though you seem to be enveloped in darkness.

You alone are responsible for yourself. No one else may answer for your deeds when the final reckoning comes. Your work in the world — in the sphere where your karma, your own past activity, has placed you — can be performed only by one person — yourself. And your work can be called a "success" only when in some way it serves your fellowman.

Don't mentally review any problem constantly. Let it rest at times and it may work itself out; but see that *you* do not rest so long that your discrimination is lost. Rather, use these rest periods to go deep within the calm region of your inner Self. Attuned with your soul, you will be able to think correctly regarding everything you do; and if your thoughts or actions have gone astray they can be realigned. This power of divine attunement can be achieved by practice and effort.

Will Is the Dynamo

Along with positive thinking, you should use will power and continuous activity in order to be successful. Every outward manifestation is the result of will, but this power is not always used consciously. There is mechanical will as well as conscious will. The dynamo of all your powers is volition, or will power. Without volition you cannot walk, talk, work, think, or feel. Therefore will power is the spring of all your actions. (In order not to use this energy, you would have to be completely inactive both physically and mentally. Even when you move your hand, you are using will power. It is impossible to live without using this force.)

Mechanical will is an unthinking use of will power. Conscious will is a vital force accompanying determination and effort, a dynamo that should be wisely directed. As you train yourself to use conscious, not mechanical, will, you should also be sure that your will power is being used constructively, not for harmful purposes nor for useless acquisitions.

To create dynamic will power, determine to do some of the things in life that you thought you could not do. Attempt simple tasks first. As your confidence strengthens and your will becomes more dynamic, you can aim for more difficult accomplishments. Be certain that you have made a good selection, then refuse to submit to failure. Devote your entire will power to mastering one thing at a time; do not scatter your energies, nor leave something half done to begin a new venture.

You Can Control Destiny

Mind is the creator of everything. You should therefore guide it to create only good. If you cling to a certain thought with dynamic will power, it finally assumes a tangible outward form. When you are able to employ your will always for constructive purposes, you become the *controller of your destiny.*

I have just mentioned three important ways to make your will dynamic: (1) choose a simple task or an accomplishment that you have never mastered and determine to succeed with it; (2) be sure you have chosen something constructive and feasible, then refuse to consider failure; (3) concentrate on a single purpose, using all abilities and opportunities to forward it.

But you should always be sure, within the calm region of your inner Self, that what you want is right for you to have, and in accord with God's purposes. You can then use all the force of your will to accomplish your object; keeping your mind, however, centred on the thought of God — the Source of all power and all accomplishment.

Fear Exhausts Life Energy

The human brain is a storehouse of life energy. This energy is constantly employed in muscular movements; in the working of the heart, lungs, and diaphragm; in cellular metabolism and chemicalization of blood; and in carrying on the work of the telephonic sensory motor system (the nerves). Besides this, a tremendous amount of life energy is required in all processes of thought, emotion, and will.

Fear exhausts life energy; it is one of the greatest enemies of dynamic will power. Fear causes the life force that ordinarily flows steadily through the nerves to be squeezed out, and the nerves themselves to become as though paralyzed; the vitality of the whole body is lowered. Fear doesn't help you to get away from the object of fear; it only weakens your will power. Fear causes the brain to send an inhibiting message to all bodily organs. It constricts the heart, checks the digestive functions, and causes many other physical disturbances. When the consciousness is kept on God, you will have no fears; every obstacle will then be overcome by courage and faith.

A "wish" is *desire without energy.* After a wish may come "intention" — the plan to do a thing, to fulfill a wish or desire. But "will" means: "I *act* until I get my wish." When you exercise your will power you release the power of life energy — not when you merely wish passively to be able to obtain an objective.

Failures Should Arouse Determination

Even failures should act as stimulants to your will power and to your material and spiritual growth. When you have failed in any project it is helpful to analyze every factor in the situation in order to eliminate all chances in the future that you might repeat the same errors.

The season of failure is the best time for sowing the seeds of success. The bludgeon of circumstances may bruise you, but keep your head erect. Always try *once more,* no matter how many times you have failed. Fight when you think that you can fight no longer, or when you think that you have already done your best, or until your efforts are crowned with success. A little story will make this point clear.

A and B were fighting. After a long time A said to himself: "I cannot go on any longer." But B thought: "Just one more punch," and he gave it, and down went A. You must be like that; give a last punch. Use the unconquerable power of will to overcome all difficulties in life.

New efforts after failure bring true growth. But they must be well planned and charged with increasing intensity of attention and with dynamic will power.

Suppose you *have* failed so far. It would be foolish to give up the struggle, accepting failure as the decree of "fate." It is better to die struggling than to abandon your efforts while there is still a possibility of accomplishing something more; for even when death comes, your struggles must soon be renewed in another life. Success or failure is the just result of what you have done in the past, *plus* what you do now. So you should stimulate all the success thoughts of past lives until they are revitalized and able to overrule the influence of all failure tendencies in the present life.

The successful person may have had more serious difficulties to contend with than one who has failed, but the former trains himself to reject the thought of failure at all times. You should transfer your attention from failure

to success, from worry to calmness, from mental wanderings to concentration, from restlessness to peace, and from peace to the divine bliss within. When you attain this state of Self-realization the purpose of your life will have been gloriously fulfilled.

The Need for Self-Analysis

Another secret of progress is self-analysis. Introspection is a mirror in which to see recesses of your mind that otherwise would remain hidden from you. Diagnose your failures and sort out your good and bad tendencies. Analyze what you are, what you wish to become, and what shortcomings are impeding you. Decide the nature of your true task — your mission in life. Endeavour to make yourself what you should be and what you want to be. As you keep your mind on God and attune yourself to His will, you will progress more and more surely in your path.

Your ultimate purpose is to find your way back to God, but you also have a task to perform in the outer world. Will power, combined with initiative, will help you to recognize and fulfill that task.

The Creative Power of Initiative

What is initiative? It is a creative faculty within you, a spark of the Infinite Creator. It may give you the power to create something no one else has ever created. It urges you to do things in new ways. The accomplishments of a person of initiative may be as spectacular as a shooting star. Apparently creating something from nothing, he demonstrates that the seemingly impossible may become possible by one's employment of the great inventive power of the Spirit.

Initiative enables you to stand on your own feet, free and independent. It is one of the attributes of success.

See the Image of God in All Men

Many people excuse their own faults but judge other persons harshly. We should reverse this attitude by excusing others' shortcomings and by harshly examining our own.

Sometimes it is necessary to analyze other people; in that case the important thing to remember is to keep the mind unprejudiced. An unbiased mind is like a clear mirror, held steady, not oscillating with hasty judgments. Any person reflected within that mirror will present an undistorted image.

Learn to see God in all persons, of whatever race or creed. You will know what divine love is when you begin to feel your oneness with every human being, not before. In mutual service we forget the little self, and glimpse the one measureless Self, the Spirit that unifies all men.

Habits of Thought Control One's Life

Success is hastened or delayed by one's habits.

It is not your passing inspirations or brilliant ideas so much as your everyday mental habits that control your life. Habits of thought are mental magnets that draw to you certain things, people, and conditions. Good habits of thought enable you to attract benefits and opportunities. Bad habits of thought attract you to materially minded persons and to unfavourable environments.

Weaken a bad habit by avoiding everything that occasioned it or stimulated it, *without concentrating upon it in your zeal to avoid it.* Then divert your mind to some good habit and steadily cultivate it until it becomes a dependable part of you.

There are always two forces warring against each other within us. One force tells us to do the things we should not do; and the other urges us to do the things we should do, the things that seem difficult. One voice is that of evil, and the other is that of good, or God.

Through difficult daily lessons you will sometime see clearly that bad habits nourish the tree of unending material desires, while good habits nourish the tree of spiritual aspirations. More and more you should concentrate your efforts on successfully maturing the spiritual tree, that you may someday gather the ripe fruit of Self-realization.

If you are able to free yourself from all kinds of bad habits, and if you are able to do good because you want to do good and not merely because evil brings sorrow, then you are truly progressing in Spirit.

It is only when you discard your bad habits that you are really a free man. Until you are a true master, able to command yourself to do the things that you should do but may not want to do, you are not a free soul. *In that power of self-control lies the seed of eternal freedom.*

I have now mentioned several important attributes of success — positive thoughts, dynamic will, self-analysis, initiative, and self-control. Many popular books stress one or more of these, but fail to give credit to the Divine Power behind them. *Attunement with the Divine Will is the most important factor in attracting success.*

Divine Will is the power that moves the cosmos and everything in it. It was God's will that hurled the stars into space. It is His will that holds the planets in their orbits and that directs the cycles of birth, growth, and decay in all forms of life.

Power of Divine Will

Divine Will has no boundaries; it works through laws known and unknown, natural and seemingly miraculous. It can change the course of destiny, wake the dead, cast mountains into the sea, and create new solar systems.

Man, as an image of God, possesses within him that all-accomplishing power of will. To discover through right meditation[1] how to be in harmony with the Divine Will is man's highest obligation.

When guided by error, human will misleads us; but when guided by wisdom, human will is attuned to the Divine Will. God's plan for us often becomes obscured by the conflicts of human life and so we lose the inner guidance that would save us from chasms of misery.

Jesus said: "Thy will be done." When man attunes his will with God's will, which is guided by wisdom, he is using Divine Will. Through the use of right techniques of meditation, developed anciently by India's sages, all men may achieve perfect harmony with the will of the Heavenly Father.

From the Ocean of Abundance

Just as all power lies in His will, so all spiritual and material gifts flow from His boundless abundance. In order to receive His gifts you must eradicate from your mind all thoughts of limitation and poverty. Universal Mind is perfect and knows no lack; to reach that never-failing supply you must maintain a consciousness of abundance. Even when you do not know where the next dollar is coming from, you should refuse to be apprehensive. When you do your part and rely on God to do His, you will find that mysterious forces come to your aid and that your constructive wishes soon materialize. This confidence and consciousness of abundance are attained through meditation.

Since God is the source of all mental power, peace, and prosperity, *do not will and act first, but contact God first.* Thus you may harness your will and activity to achieve the highest goals. As you cannot broadcast through a broken microphone, so you cannot send out prayers through a mental microphone that has been disordered by restlessness. By deep calmness you should repair your mind microphone and increase the receptivity of your intuition. Thus you will be able to broadcast to Him effectively and to receive His answers.

The Way of Meditation

After you have repaired your mental radio and are calmly attuned to constructive vibrations, how may you use it to reach God? The right method of meditation is the way.

By the power of concentration and meditation you can direct the inexhaustible power of your mind to accomplish what you desire and to guard every door against failure. All successful men and women devote much time to deep concentration. They are able to dive deeply within their minds and to find the pearls of right solutions for the problems that confront them. If you learn how to withdraw your attention from all objects of distraction and to place it upon one object of concentration, you too will know how to attract at will whatever you need.

Before embarking on important undertakings, sit quietly, calm your senses and thoughts, and meditate deeply. You will then be guided by the great creative power of Spirit. After that you should utilize all necessary material means to achieve your goal.

The things you need in life are those that will help to fulfill your dominant purpose. Things you may *want* but not *need* may lead you aside from that purpose. It is only by making everything serve your main objective that success is attained.

Success Is Measured by Happiness

Consider whether fulfillment of the goal you have chosen will constitute success. What is success? If you possess health and wealth, but have trouble with everybody (including yourself), yours is not a successful life. Existence becomes futile if you cannot find happiness. *When wealth is lost, you have lost a little; when health is lost, you have lost something of more consequence; but when peace of mind is lost, you have lost the highest treasure.*

Success should therefore be measured by the yardstick of happiness; by your ability to remain in peaceful harmony with cosmic laws. Success is not rightly measured by the worldly standards of wealth, prestige, and power. None of these bestow happiness unless they are rightly used. To use them rightly one must possess wisdom and love for God and man.

God does not reward or punish you. He has given you the power to reward or punish yourself by the use or misuse of your own reason and will power. If you transgress the laws of health, prosperity, and wisdom you must inevitably suffer from sickness, poverty, and ignorance. However, you should strengthen your mind and refuse to carry the burden of mental and moral weaknesses acquired in past years; burn them in the fires of your present divine resolutions and right activities. By this constructive attitude you will attain freedom.

Happiness depends to some extent upon external conditions, but chiefly upon mental attitudes. In order to be happy one should have good health, a well-balanced mind, a prosperous life, the right work, a thankful heart, and, above all, wisdom or knowledge of God.

A strong determination to be happy will help you. Do not wait for your circumstances to change, thinking falsely that in them lies the trouble. Do not make unhappiness a chronic habit, thereby afflicting yourself and your associates. It is blessedness for yourself and others if you are happy. If you possess happiness you possess everything; to be happy is to be in tune with God. That power to be happy comes through meditation.

Put God's Power Behind Your Efforts

Release for constructive purposes the power you already have, and more will come. Move on your path with unflinching determination, using all the attributes of success. Tune yourself with the creative power of Spirit. You will be in contact with the Infinite Intelligence that is able to guide you and to solve all problems. Power from the dynamic Source of your being will flow uninterruptedly so that you will be able to perform creatively in any sphere of activity.

You should sit in silence before deciding about any important matter, asking the Father for His blessing. Then behind your power is God's power; behind your mind, His mind; behind your will, His will. When God is working with you, you cannot fail; every faculty you possess will increase in power. When you do your work with the thought of serving God, you receive His blessings.

If your work in life is humble, do not apologize for it. Be proud because you are fulfilling the duty given you by the Father. He needs you in your particular place; all people cannot play the same role. So long as you work to please God, all cosmic forces will harmoniously assist you.

When you convince God that you want Him above all else, you will be attuned to His will. When you continue to seek Him no matter what obstacles arise to take you away from Him, you are using your human will in its most constructive form. You will thus operate the law of success that was known to the ancient sages and that is understood by all men who have achieved true success. The divine power is yours if you make a determined effort to use it to attain health, happiness, and peace. As you encompass these goals you will travel on the path of Self-realization to your true home in God.

1 Meditation is that special form of concentration in which the attention has been liberated, by scientific yoga techniques, from the restlessness of the body-conscious state, and is focused one-pointedly on God. The *Yogoda Satsanga Lessons* give detailed instruction in this science of meditation. *(Publisher's Note).*

Affirmation

Heavenly Father, I will reason, I will will, I will act; but guide Thou my reason, will, and activity to the right thing that I should do.

About the Author

"The ideal of love for God and service to humanity found full expression in the life of Paramahansa Yogananda .... Though the major part of his life was spent outside India, still he takes his place among our great saints. His work continues to grow and shine ever more brightly, drawing people everywhere on the path of the pilgrimage of the Spirit."

In these words, the Government of India paid tribute to the founder of Yogoda Satsanga Society of India/Self-Realization Fellowship, upon issuing a commemorative stamp in his honour on March 7, 1977, the seventeen anniversary of his passing.

A world teacher whose presence among us illumined the path for countless souls, Paramahansa Yogananda lived and taught the highest truths of life. Born in Gorakhpur, India, in 1893, Paramahansa Yogananda was sent by his guru to the United States in 1920 as India's delegate to an International Congress of Religious Liberals. Subsequent lectures in Boston, New York, and Philadelphia were enthusiastically received, and in 1924 he embarked on a cross-continental speaking tour.

For the next decade Paramahansaji travelled extensively, giving lectures and classes in which he instructed thousands of men and women in the yoga science of meditation and balanced spiritual living.

Today, the spiritual and humanitarian work begun by Paramahansa Yogananda continues under the direction of Sri Sri Mrinalini Mata, one of his closest disciples and current president of Yogoda Satsanga Society of India/Self-Realization Fellowship. In addition to publishing Paramahansa Yogananda's writings, lectures, and informal talks (including a comprehensive series of lessons for home study),[1] his society oversees ashrams, kendras, and meditation centres around the world; monastic training programs; and the Worldwide Prayer Circle, which serves as a channel to help bring healing to those in need and greater peace and harmony among all nations. Seekers in

India and surrounding territories are served by Yogoda Satsanga Society of India.

Quincy Howe, Jr., Ph. D., Professor of Ancient Languages, Scripps College, wrote: “Paramahansa Yogananda brought to the West not only India’s perennial promise of God-realization, but also a practical method by which spiritual aspirants from all walks of life may progress rapidly toward that goal. Originally appreciated in the West only on the most lofty and abstract level, the spiritual legacy of India is now accessible as practice and experience to all who aspire to know God, not in the beyond, but in the here and now .... Yogananda has placed within the reach of all the most exalted methods of contemplation.”

The life and teachings of Paramahansa Yogananda are described in his *Autobiography of a Yogi,* which has become a classic in its field since its publication in 1946 and is now used as a text and reference work in many colleges and universities throughout the world.

1 These lessons present the art of spiritual living and the yoga meditation techniques taught by Paramahansa Yogananda, including *Kriya Yoga,* an ancient spiritual science whose devoted practice leads to direct, personal experience of God. Information about the lessons is available from Yogoda Satsanga Society of India.

Paramahansa Yogananda: A Yogi in Life and Death

Sri Sri Paramahansa Yogananda entered *mahasamadhi* (a yogi's final conscious exit from the body) in Los Angeles, California, on March 7, 1952, after concluding his speech at a banquet held in honour of H.E. Binay R. Sen, Ambassador of India.

The great world teacher demonstrated the value of yoga (scientific techniques for God-realization) not only in life but in death. Weeks after his departure his unchanged face shone with the divine lustre of incorruptibility.

Mr. Harry T. Rowe, Los Angeles Mortuary Director, Forest Lawn Memorial-Park (in which the body of the great master is temporarily placed), sent Self-Realization Fellowship a notarised letter from which the following extracts are taken:

"The absence of any visual signs of decay in the dead body of Paramahansa Yogananda offers the most extraordinary case in our experience....No physical disintegration was visible in his body even twenty days after death....No indication of mould was visible on his skin, and no visible desiccation (drying up) took place in the bodily tissues. This state of perfect preservation of a body is, so far as we know from mortuary annals, an unparalleled one....At the time of receiving Yogananda's body, the Mortuary personnel expected to observe, through the glass lid of the casket, the usual progressive signs of bodily decay. Our astonishment increased as day followed day without bringing any visible change in the body under observation. Yogananda's body was apparently in a phenomenal state of immutability....

"No odour of decay emanated from his body at any time.... The physical appearance of Yogananda on March 27th, just before the bronze cover of the casket was put into position, was the same as it had been on March 7th. He looked on March 27th as fresh and as unravaged by decay as he had looked on the night of his death. On March 27th there was no reason to say that his

body had suffered any visible physical disintegration at all. For these reasons we state again that the case of Paramahansa Yogananda is unique in our experience."

Additional Resources on the Kriya Yoga Teachings of Paramahansa Yogananda

Yogoda Satsanga Society of India is dedicated to freely assisting seekers. For information regarding spiritual discourses and classes, meditation and inspirational services at our centres, a schedule of retreats, and our spiritual, as well as our medical, educational, emergency relief, and other charitable activities, we invite you to visit our website or our Sakha Math:

www.yssofindia.org
Yogoda Satsanga Society of India
Paramahansa Yogananda Path
Ranchi 834001, Jharkhand
Tel (0651) 2460071, 2460074, 2461578

YOGODA SATSANGA LESSONS

Personal guidance and instruction from Paramahansa Yogananda on the techniques of yoga meditation and principles of spiritual living

If you feel drawn to the spiritual truths described in *Autobiography of a Yogi,* we invite you to enroll in the *Yogoda Satsanga Lessons.*

Paramahansa Yogananda originated this home-study series to provide sincere seekers the opportunity to learn and practice the ancient yoga meditation techniques introduced in this book — including the science of *Kriya Yoga.* The Lessons also present his practical guidance for attaining balanced physical, mental, and spiritual well-being.

The *Yogoda Satsanga Lessons* are available at a nominal fee (to cover printing and postage costs). All students are freely given personal guidance in their practice by Yogoda Satsanga Society of India monks.

For more information…

Complete details about the *Yogoda Satsanga Lessons* are included in the free booklet *Undreamed-of Possibilities.* To receive a copy of this booklet and an application form, please visit our website or contact Yogoda Satsanga Sakha Math, Ranchi."

Also published by Yogoda Satsanga Society of India

Autobiography of a Yogi
by Sri Sri Paramahansa Yogananda

Autobiography of a Yogi is the fascinating and intimate story of Paramahansa Yoganandaji's years of training with illumined masters of India. From the innate yearnings of the human spirit to the loftiest vistas of metaphysics, this book offers unique insights for understanding the universal principles that underlie all religion and all life, and shows their deep relevance in our nuclear age.

Widely regarded as a classic in its field, *Autobiography of a Yogi* is used as a text in colleges and universities throughout the world.

"The Autobiography of this sage makes captivating reading."

— THE TIMES OF INDIA

"A rare account."

— THE NEW YORK TIMES

"A fascinating and clearly annotated study."

— NEWSWEEK

"There has been nothing before, written in English or in any other European language, like this presentation of Yoga."

— COLUMBIA UNIVERSITY PRESS

Other Books by Paramahansa Yogananda

Available at bookstores or online at
www.yssbooks.org

Autobiography of a Yogi

Autobiography of a Yogi
(MP3 Audiobook, read by Sir Ben Kingsley)

God Talks With Arjuna: The Bhagavad Gita
(A New Translation and Commentary)

The Second Coming of Christ: The Resurrection of the Christ Within You — A Revelatory Commentary on the Original Teachings of Jesus

Inner Peace: How to Be Calmly Active and Actively Calm

The Collected Talks and Essays
Volume I: Man's Eternal Quest
Volume II: The Divine Romance
Volume III: Journey to Self-realization

In the Sanctuary of the Soul: A Guide to Effective Prayer

Where There Is Light:

Insight and Inspiration for Meeting Life's Challenges

Whispers from Eternity

Wine of the Mystic: The Rubaiyat of Omar Khayyam

A Spiritual Interpretation

How You Can Talk With God

Metaphysical Meditations

Prayers of a Master for His Disciples

Sayings of Paramahansa Yogananda

The Science of Religion

Words of Cosmic Chants

Scientific Healing Affirmations

Songs of the Soul

To Be Victorious in Life

Living Fearlessly

Audio Recordings of Sri Sri Paramahansa Yogananda

Beholding the One in All

Awake in the Cosmic Dream

The Great Light of God

Songs of My Heart

To Make Heaven on Earth

Be a Smile Millionaire

One Life Versus Reincarnation

Removing All Sorrow and Suffering

In the Glory of the Spirit

Self-Realization: The Inner and the Outer Path

A complete catalogue describing all of the Yogoda Satsanga Society of India publications and audio/video recordings is available on request or by download from online bookstore.

Free Introductory Booklet: *Undreamed-of Possibilities*

The scientific techniques of meditation taught by Sri Sri Paramahansa Yogananda, including *Kriya Yoga* — as well as his guidance on all aspects of balanced spiritual living—are taught in the *Yogoda Satsanga Society Lessons.* For further information, please write for the free introductory booklet, *Undreamed-of Possibilities.*

YOGODA SATSANGA SOCIETY OF INDIA
Paramahansa Yogananda Path
Ranchi 834001, Jharkhand
Tel. (0651) 2460071, 2460074, 2461578
www.yssofindia.org

Aims and Ideals
of
Yogoda Satsanga Society of India

As set forth by Sri Sri Paramahansa Yogananda Gurudeva and Founder
Sri Sri Mrinalini Mata, Sanghamata and President

To disseminate among the nations a knowledge of definite scientific techniques for attaining direct personal experience of God.

To teach that the purpose of life is the evolution, through self-effort, of man's limited mortal consciousness into God Consciousness; and to this end to establish Yogoda Satsanga temples for God-communion, and to encourage the establishment of individual temples of God in the homes and in the hearts of men.

To reveal the complete harmony and basic oneness of original Yoga as taught by Bhagavan Krishna and original Christianity as taught by Jesus Christ; and to show that these principles of truth are the common scientific foundation of all true religions.

To point out the one divine highway to which all paths of true religious beliefs eventually lead: the highway of daily, scientific, devotional meditation on God.

To liberate man from his threefold suffering: physical disease, mental inharmonies, and spiritual ignorance.

To encourage "plain living and high thinking"; and to spread a spirit of brotherhood among all peoples by teaching the eternal basis of their unity: kinship with God.

To demonstrate the superiority of mind over body, of soul over mind.

To overcome evil by good, sorrow by joy, cruelty by kindness, ignorance by wisdom.

To unite science and religion through realization of the unity of their underlying principles.

To advocate cultural and spiritual understanding between East and West, and the exchange of their finest distinctive features.

To serve mankind as one's larger Self.

The Complete Works of Paramahansa Yogananda

Yogoda Satsanga Society of India
Founded 1917 by Paramahansa Yogananda

If you measure success by the quality of your life rather than just by material achievements, then the timeless wisdom of this book will speak directly to your heart and soul. For more than fifty years, this classic inspirational guide has helped hundreds of thousands of people to move through obstacles and invite all-round success fully into their lives.

Is there a force that we can call upon to give health, happiness, and spiritual enlightenment?

Sri Sri Paramahansa Yogananda

The Spiritual Legacy of Paramahansa Yogananda

Spirituality/Self-Improvement